



May 2021 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Alfredo Wheat Penne Manhattan Veggies Whole Fruit 1% Milk	4 Hawaiian Pork Sweet Potatoes Corn Granola Bar Whole Fruit 1% Milk	5 Chicken Enchilada Casserole Mexican Rice Beans Orange 1% Milk 	6 Braised Beef in Wine Sauce Mashed Potatoes & Gravy Carrots Whole Wheat Bread Orange & 1% Milk	7 Spaghetti & Meatballs (Beef & Chicken) Marinara Sauce Italian Veggies Orange 1% Milk 
10 Roast Beef Gravy Mashed Potatoes Peas & Carrots Wheat Bread Whole Fruit 1% Milk 	11 Cheese Ravioli with Meat Sauce Manhattan Veggies Granola Bar Whole Fruit 1% Milk	12 Lemon Chicken Herbed Quinoa Peas Orange 1% Milk	13 Pepper Steak Mixed Rice California Veggies Whole Fruit 1% Milk	14 Chicken Marsala Parsley Potatoes Green Beans Wheat Bread Whole Fruit 1% Milk
17 Chicken Cacciatore Wheat Pasta Manhattan Veggies Whole Fruit 1% Milk	18 Ginger Beef w/Ginger, Scallions Mixed Rice Broccoli Whole Fruit 1% Milk	19 Fish in Coconut Sauce w/ Zucchini & Peppers Spinach Parsley Potatoes Wheat Bread Whole Fruit 1% Milk	20 Chicken a l'Orange Mixed Rice Green Beans Orange 1% Milk	21 Shepherd's Pie Mashed Potato Top Peas & Carrots Wheat Bread Whole Fruit 1% Milk
24 Sweet & Sour Chicken w/ Red Peppers, Onion & Pineapple Mixed Rice Oriental Veggies Whole Fruit	25 Meatloaf (Beef & Pork) Mashed Potatoes & Gravy Peas & Carrots Wheat Bread Fruit & 1% Milk	26 Pork Posole w/ Shredded Cabbage & Cilantro Mixed Rice Carrots Orange 1% Milk	27 Chicken Parmesan Spaghetti Marinara Sauce Zucchini Orange 1% Milk 	28 Chili Burger Sweet Potatoes Mixed Veggies Whole Fruit Granola Bar 1% Milk
31 CLOSED IN OBSERVANCE OF MEMORIAL DAY  THANK YOU !	Location Encinitas Senior Center 1140 Oakcrest Park Dr Encinitas, CA 92024 760-943-2258	Menu subject to change  Denotes meal with more than 1000 mg Sodium		

SENIOR NUTRITION INFORMATION

RESERVATIONS

Call the reservation line at **760-943-2258** by **9:00 a.m.** the day before your requested meal. For Monday meals, reservations need to be placed **no later than 9 a.m. on Friday.**



Curbside Pickup

During the COVID-19 pandemic, meals are distributed curbside at the Encinitas Senior Center by trained staff wearing gloves and masks for your protection. Lunch is distributed from 11:30 a.m. to 12:30 p.m. Monday through Friday except city holidays.

Meal Delivery

Eligible seniors living in Encinitas may request for their meal to be delivered by trained staff adhering to COVID-19 health protocols.

Suggested Meal donation for Seniors 60+ is \$4 per meal (anonymous).
Under 60, non-senior meal fee is \$6.50.

How Are We Doing?

Compliments, suggestions, and grievances about this program are welcomed via phone or mail. Let us know how we can best serve you.

The Encinitas Senior Café is supported by the City of Encinitas, meal donations and the Older Americans Act grant funds, awarded through the County Aging & Independence Services,
No eligible person shall be denied a meal because of inability to contribute.